

SUPPLÌ

FRIED STUFFED RICE BALLS



Ingredients for 4 :

350 gr rice
500 gr ragù (meat) sauce
2 eggs
100 gr cubed mozzarella cheese
100 gr finely grated parmesan
1000 ml meat broth
flour and bread crumbs to coat
extra virgin Italian olive oil
salt

Preparation

1. Put in a pot on medium heat the olive oil and add rice and toast it for about 2 minutes.
2. Add enough hot broth to cover the rice and when the broth has almost completely evaporated, continue to add it until the rice is cooked.
3. When the rice is cooked "al dente" add salt, some oil, ragù sauce, grated parmesan and stir quickly until becomes creamy. Turn off the heat and let it cool down to room temperature.

4. Once the rice has cooled you can make your supplì: pick up a handful of the rice mixture, prepare small balls and firmly press them, place a cube of mozzarella in the centre. Firmly press the rice giving the typical oval shape.
5. Roll the rice ovals in flour.
6. Dip the supplì in the cup with whisked eggs and finally roll it well in bread crumbs. Repeat until all the rice is covered.
7. Put in a large pot extra virgin olive oil, 5 cm deep, over high heat, then add the supplì.
8. Let them fry until golden brown on all sides, turning over
9. Remove with a wood spoon and place on kitchen paper to drain the olive oil.
10. Serve hot.

Notes

In Rome the local full name is "Supplì al telefono" (telephoning Supplì) joking on the "wire" of mozzarella that is created by your hands when you cut in two the Supplì just in the middle, when there is the cube of mozzarella, if the Supplì is perfectly cooked and very hot.

If there is not the "wire" of white mozzarella, the Supplì is not perfect!

Nowadays Supplì is widespread throughout Italy and is generally served in "pizzerie" (pizza restaurants) as an appetizer.